**Summer Tri Color salad**

by Health Coach Nikki
Length: 10 minutes

Sweet and savory Mediterranean summer salad that will pair up well with grilled protein in an outdoor summer BBQ or potluck. Works well mixed with 1 cup of quinoa for lunch. If you don’t have access to fresh, raw corn, use defrosted corn. If you're prepping for the week, you can add the greens later.

Ingredients:
2 large handful your choice of greens (spinach, arugula, mixed greens)
½ med tomato
½ bell pepper
1 med cucumber
½ corn on the cob (or 1 cup defrosted corn)
1 clove garlic
¼ cup chopped basil
2 tbsp balsamic vinegar
½ tsp salt

Equipment:
Mixing bowl
Cutting board
Knife

Steps:
1. Peel off the corn, cut off ½ cob, remove all extra “hair”.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/summer-tri-color-salad/vid/step1.mp4)

2. Cut off the corn from the cob.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/summer-tri-color-salad/vid/step2.mp4)

3. Halve the pepper, cube to med size.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/summer-tri-color-salad/vid/step3.mp4)

4. Cut the cucumber into med size pieces. This is an "Armenian cucumber." It may be found in the summertime at your local farmers market but use whatever you find at the store.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/summer-tri-color-salad/vid/step4.mp4)

5. Halve the tomato, cut into med size pieces. This is an heirloom tomato, usually found in the summer. Use any that you can find at the store. Beefsteak tomatoes work well.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/summer-tri-color-salad/vid/step5.mp4)

6. Cut up the “dressing” ingredients: chop up basil, crush the garlic and cut/ scoop ½ an avocado. If you like Mexican food, this salad works well with cilantro, lime and black beans instead of basil/ balsamic.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/summer-tri-color-salad/vid/step6.mp4)

7. Place the greens in a bowl. Add balsamic and salt.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/summer-tri-color-salad/vid/step7.mp4)

8. Add all chopped ingredients to the bowl.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/summer-tri-color-salad/vid/step8.mp4)

9. Stir all ingredients together, so the dressing ingredients blend in.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/summer-tri-color-salad/vid/step9.mp4)